

# THE SUPER SUPPER SAVER

## QUICK AND HEALTHY MEALS FOR BUSY DAYS

From our kitchen to yours, here are some quick and healthy recipes specifically designed for those long workdays.

### Heart Healthy Chili

Makes 4 servings

#### Ingredients

- 1 ½ lb. stewing beef, cut into 1-inch cubes
- 1 cup each chopped red and green bell peppers
- 1 cup chopped red onions
- 2 cloves garlic, minced
- 3 cups low-sodium beef broth
- 1 ½ cups salsa
- 1 can (19oz) low-sodium, diced tomatoes, undrained
- 1 ½ tbsp chili powder
- 1 ½ tsp each ground cumin and dried oregano
- 1 tsp ground coriander
- ½ tsp ground black pepper
- 1 can (19oz) black beans, drained and rinsed
- 1 can (19oz) red kidney beans, drained and rinsed
- ¼ cup chopped, fresh cilantro
- 2 tbsp lime juice
- 1 tbsp honey

#### Directions

1. Spray a large saucepan or soup pot with non-stick spray. Add beef and cook over high heat until browned all over. Add peppers, onions, and garlic. Reduce heat to medium. Cook and stir for 4 to 5 minutes, until vegetables begin to soften.
2. Add broth, salsa, tomatoes and juices, chili powder, cumin, oregano, coriander, and black pepper. Bring to a boil. Reduce heat and simmer, covered, for 1.5 hours, stirring occasionally.
3. Add beans and simmer for 15 more minutes. Remove from heat. Stir in cilantro, lime, juice, and honey. Enjoy hot.

#### Helpful Hints

Make a vegetarian version by eliminating the beef and adding another can of beans. Try white kidney or pinto beans to add some colour.

Nutrition Info Per Serving: Cal 285 | Fat 5.7g | Carb 35g | Pro 28g | Fibre 5g | Sodium 493mg

Source: Podleski, J., Martin, T., & Podleski, G. (2011). The big chili. *The Looneyspoons Collection: Janet and Great's greatest recipe hits plus a whole lot more* (p.126). Granet Publishing.



# Add a little spice to your life!

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### Easy Chicken Curry

Makes 4 servings

#### Ingredients

4-5 chicken breasts, chopped  
1 onion, chopped  
½ cup ginger, chopped  
2 cloves garlic, chopped  
4-5 tbsp Thai red curry  
1 can "lite" coconut milk  
1 cup baby carrots  
2 cups of green beans  
4 cups Yukon Gold potatoes (3 medium)  
1 tbsp sesame oil  
1 red chili pepper, chopped (optional)  
Salt and pepper  
1 lime



#### Directions

1. Stir-fry chicken on high heat until browned (3 min). Add onion, ginger, and garlic.
2. Add coconut milk and bring to a close boil. Add curry paste, vegetables, potatoes, and chili pepper. Add water until ingredients are almost covered.
3. Simmer for 30 minutes on low-medium heat with the lid on. Add sesame oil and cook for 1 minute.
4. Serve over basmati rice or rice noodles. Season with salt and pepper to taste. Squeeze lime on top.

#### Helpful Hints

Make a vegetarian version by eliminating the chicken and adding a can of chickpeas for a tasty chickpea curry!

Nutrition Info Per Serving: Cal 346 | Fat 12g | Carb 31g | Pro 29g | Fibre 5g | Sodium 573mg



**Nothing tastes as  
good as healthy  
feels!**